

## Weight Management

Weight reduction is an important and effective way of reducing the workload on muscles. For patients experiencing pain, fatigue and muscle weakness, even relatively small increases in weight can have a significant effect. For many people with a history of polio, weight loss is a challenge due to the difficulties that they experience when exercising. Body weight norms that are used for the general population are often not appropriate for those who have had polio and have poor musculoskeletal development. The patient should ideally be in the low to middle end of the body mass index range, depending on their degree of impaired growth and development.<sup>122</sup> Dietetic counselling and support is essential in ensuring that weight control is incorporated as a permanent modification to the patient's lifestyle, rather than being regarded as a short term plan.